Monroe Institute Technologies Feedback

Experiences Related to Blood Pressure

This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.

I have worked tapes since the mid-eighties and have benefited in a number of ways. I have successfully controlled stress and flare-ups of hypertension so successfully that I have been taken off medication to control blood pressure.

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I suffer from a heart condition which brings about sudden changes of blood pressure. There's been a distinct difference since I started listening to H+ *Circulation* and *Heart: Support & Maintenance*—markedly fewer changes in pressure, and when there is a change, it's more moderate.

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